

5 I claim:

1. A slide for supporting a user, such slide having a base and a top surface to facilitate sliding thereon, said top surface being characterized as having a low friction, durable sheeting layer which enables the user to traverse thereon both when said top surface is wet and dry.

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2. The slide of claim 1 wherein said top surface is supported by said base, a portion of which is inclined to facilitate gravity-induced sliding on said top surface.

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3. The slide of claim 1 wherein said top surface is bouncy when traversed thereon by a user.

4. The slide of claim 3 wherein said bouncy surface is provided by said base which contains foam padding.

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5. The slide of claim 1 wherein bouncy surface is provided by said base which comprises an air inflatable membrane.

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6. The slide of claim 5 further comprising an air blower for maintaining inflation of said base.

7. The slide of claim 5 wherein said slide is portable such that said air inflatable membrane can be deflated for shipping and inflated on-site for use.

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8. The slide of claim 2 wherein said durable sheeting layer comprises sheeting sized to lay upon and substantially fully cover said top surface.

5           9.     The slide of claim 2 wherein said durable sheeting material comprises  
a surface membrane permanently adhered to said base.

10           10.    The slide of claim 1 wherein said low friction durable sheeting layer  
comprises a member selected from the group consisting of nylon, Teflon, sailcloth,  
10   Dacron, vinyl, artificial turf, synthetic carpet and polyester resins.

11.    The slide of claim 1 wherein bumpers or rails are employed along said  
top surface to minimize risk of a user inadvertently falling from said slide.

15           12.    The slide of claim 1 wherein said top surface is provided with moguls  
to provide said top surface with an uneven contour.

20           13.    The slide of claim 1 wherein areas of high friction are provided on said  
top surface.

25           14.    The slide of claim 13 wherein said areas of high friction are provided  
at the beginning and at the end of the low friction durable sheeting layer to assist  
the user in remaining at a fixed location at the top of the slide and for slowing  
forward movement at the bottom of the slide.

          15.    The slide of claim 13 wherein said areas of high friction are positioned  
along said top surface to present to a user, areas of high and low friction as the  
user traverses said slide.

30           16.    The slide of claim 1 wherein means are provided for introducing water  
to said top surface.

- 5            17. The slide of claim 16 wherein said means for providing the introduction of water to said top surface comprises a water pump.
18. The slide of claim 1 wherein a bungee is supported proximate said slide.
- 10            19. The slide of claim 1 wherein a zip line is elevated above said slide.
20. The slide of claim 1 wherein at least one rail is positioned along said top surface sized and positioned to enable a user to optionally slide upon said rail as the usage traverses said slide.
- 15            21. The slide of claim 20 wherein said rail is substantially covered with a low friction, durable sheeting layer.
- 20            22. The slide of claim 5 wherein said base is constructed to enable said slide to float in a body of water.
23. A sliding activity center comprising in combination:
- 25            a. A slide for supporting a user, said slide having a slide top surface, at least a portion of which is inclined to facilitate gravity induced sliding, said slide top surface being characterized as having a low friction durable sheeting layer which enables the user to traverse thereon whether said top surface is wet or dry; and
- 30            b. an appended activity section having an activity section top surface positioned such that a user can transition between said slide and said appended activity section while traversing between said slide top surface and said activity center top surface.

24. The sliding activity center of claim 23 wherein said slide top surface is supported by a base, a portion of which is inclined to facilitate gravity induced sliding on said slide top surface.

25. The sliding activity center of claim 23 wherein said activity section top surface is supported by an activity section base of a construction to facilitate user induced bouncing motion thereon.

26. The sliding activity center of claim 23 wherein said activity section comprises a trampoline.

27. The sliding activity center of claim 24 wherein said base of said slide comprises an air inflatable membrane.

28. The sliding activity center of claim 25 wherein said activity center base comprises an air inflatable membrane.

29. The slide of claim 27 further comprising an air blower for maintaining inflation of said membrane.

30. The sliding activity center of claim 23 wherein said durable sheeting material comprises sheeting sized to lay upon and substantially cover said slide top surface.

31. The sliding activity center of claim 23 wherein said durable sheeting material comprises a surface membrane permanently adhered to said sliding base.

5           32. The sliding activity center of claim 26 further comprising at least one  
ramp appended to said trampoline for receiving a user exiting from said trampoline.

10           33. The sliding activity center of claim 32 wherein said ramp is provided  
with a ramp top surface supported by a base, a portion of which is inclined to  
facilitate gravity induced sliding upon said ramp top surface.

15           34. The sliding activity center of claim 33 wherein said slide, trampoline  
and ramp are selectively detachable from one another to facilitate shipment of said  
sliding activity center and to enable a user to interchange various component parts  
of said sliding activity center to enhance its flexibility.

20           35. The sliding activity center of claim 32 wherein said ramp comprises a  
ramp base having a ramp top surface of a low friction, durable sheeting layer  
enabling the user to transverse thereon whether said ramp top surface is wet or  
dry.

25           36. The sliding activity center of claim 23 wherein said activity section  
comprises at least one rail sized and positioned to enable a user to optimally slide  
upon said rail as said user transverses said activity center.

          37. The sliding activity center of claim 33 wherein the angle of inclination  
between said trampoline and said ramp top surface is adjustable.

30           38. A sliding exercise apparatus and recreational device comprising a  
sports vehicle, being of sufficient size and rigidity to support a user, said sports  
vehicle having a top for contacting the user and a bottom for sliding upon a slide,  
said slide having a top surface, said top surface being characterized as having low

5 friction, durable sheeting layer which enables a user to traverse thereon whether  
said top surface is wet or dry.

39. The sliding exercise apparatus and recreational device of claim 38  
wherein said sports vehicle is provided with a low friction, durable sheeting layer  
10 appended to and supported by the bottom of said vehicle.

40. The sliding exercise apparatus and recreational device of claim 38  
wherein at least a portion of which is inclined to facilitate gravity induced sliding  
on said top surface.

15 41. The sliding exercise apparatus and recreational device of claim 38  
wherein said sports vehicle is a commercially available sports board modified for  
use herein.

20 42. The sliding exercise apparatus and recreational device of claim 38  
wherein said sports vehicle is one created for use herein.

43. The sliding exercise and recreational device of claim 41 wherein said  
commercially available sports vehicle has been modified by the removal of any  
25 sharp edges which could cause damage to said top surface.

44. The sliding exercise apparatus and recreational device of claim 41  
wherein said commercially available sports vehicle has been modified by removal of  
any fins which could cause damage to said top surface.

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5           45.    The sliding exercise apparatus and recreational device of claim 41  
wherein said commercially available sports vehicle has been modified by applying  
to the bottom surface of said sports vehicle a durable, low friction sheeting layer.

10           46.    The sliding exercise apparatus and recreational device of claim 38  
wherein said sports vehicle is a non-commercially available sports vehicle produced  
and dedicated for use with said slide.

15           47.    The sliding exercise apparatus and recreational device of claim 46  
wherein said sports vehicle comprises a rigid core supporting on its bottom surface  
a durable, low friction sheeting layer.

20           48.    The sliding exercise apparatus of claim 38 wherein said vehicle is a  
member selected from the group consisting of roller skates, roller blades,  
skateboards, skis, water skis, sleds, air mats, rubber/foam mats, body boards,  
skim boards, knee boards, wake boards, ice skates, surfboards, snowboards,  
mountain boards, sand boards, sail boards, snow luge, street luge, knee pads,  
elbow pads, wrist guards, clothes, suits, shoes, socks, plush vehicles, plush  
animals, plush objects, scooters, bikes, tricycles, snowmobiles, spheres, discs,  
sheets, bags and cases.

25           49.    The sliding exercise apparatus of claim 38 wherein each of said low  
friction durable sheeting layers comprises a member selected from the group  
consisting of nylon, Texlon, sailcloth, Dacron, vinyl, artificial turf, synthetic carpet  
and polyester resins.

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5            50. The sliding exercise apparatus of claim 38 wherein said top surface of  
said slide is supported by a base, a portion of which is inclined to facilitate gravity  
induced sliding on said top surface.

10            51. The sliding exercise apparatus of claim 50 wherein said base  
comprises an air inflatable membrane.

15            52. The sliding exercise apparatus of claim 38 wherein proximate said top  
surface of said slide includes at least one magnet and said sports vehicle includes  
at least one magnet positioned to repel said at least one magnet proximate the  
surface of said slide.

20            53. A sliding exercise apparatus and recreational device comprising the  
combination of a sports board for supporting a user and a sliding activity center  
upon which said sports board is intended to traverse, the sliding activity center  
comprising a slide for supporting a user, said slide having a slide top surface, said  
slide top surface being characterized as having a low friction durable sheeting layer  
which enables a user on said sports board to traverse thereon whether the top  
surface is wet or dry and an appended activity section having an activity section  
top surface joined to said slide and positioned such that a user on said sports  
25 board can transition from said slide to said appended activity section while  
traversing between said slide top surface and said activity section top surface.

30            54. The sliding exercise apparatus and recreational device of claim 53  
wherein said sports board is a commercially available sports board modified for use  
herein.

             55. The sliding exercise apparatus and recreational device of claim 53  
wherein said sports board is one created for use herein.



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56. The sliding exercise and recreational device of claim 54 wherein said commercially available sports board has been modified by the removal of any sharp edges which could cause damage to said top surface.

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57. The sliding exercise apparatus and recreational device of claim 54 wherein said commercially available sports board has been modified by removal of any fins which could cause damage to said top surface.

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58. The sliding exercise apparatus and recreational device of claim 54 wherein said commercially available sports board has been modified by applying to the bottom surface of said sports board a durable, low friction sheeting layer.

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59. The sliding exercise apparatus and recreational device of claim 53 wherein said sports board is a non-commercially available sports board produced and dedicated for use with said slide.

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60. The sliding exercise apparatus and recreational device of claim 59 wherein said sports board comprises a rigid core supporting on its bottom surface a durable, low friction sheeting layer.

61. The sliding exercise apparatus and recreational device of claim 53 in which the appended activity section comprises a trampoline.

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62. The sliding exercise apparatus and recreational device of claim 53 wherein said slide top surface is supported by a base, a portion of which is inclined to facilitate gravity induced sliding on said slide top surface.

5           63.    The sliding exercise apparatus and recreational device of claim 53  
wherein said activity section top surface is supported by an activity center base of  
a construction to facilitate user induced bouncing motion thereon.

10           64.    The sliding exercise apparatus and recreational device of claim 63  
wherein said slide comprises an air inflatable membrane.

65.    The sliding exercise apparatus and recreational device of claim 63  
wherein said activity section base comprises an air inflatable membrane.

15           66.    The sliding exercise apparatus and recreational device of claim 53  
further comprising at least one ramp acting as an element of said activity section.

20           67.    The sliding exercise apparatus and recreational device of claim 66  
wherein said ramp is provided with a ramp top surface supported by a base, a  
portion of which is inclined to facilitate gravity induced sliding upon said ramp top  
surface.

25           68.    The sliding exercise apparatus and recreational device of claim 67  
further comprising a trampoline wherein said slide, trampoline and ramp are  
selectively detachable from one another to facilitate shipment of said sliding  
exercise apparatus and recreational device and to enable a user to interchange  
various component parts of said sliding exercise apparatus and recreational device  
to enhance its flexibility.

30           69.    The sliding exercise apparatus and recreational device of claim 67  
wherein said ramp comprises a ramp base having a ramp top surface of a low  
friction, durable sheeting layer enabling the user to transverse thereon whether  
said ramp surface is wet or dry.

70. The sliding exercise apparatus and recreational device of claim 68 wherein said angle of inclination between said trampoline and said ramp top surface is adjustable.

10 71. A sliding exercise apparatus and recreational device comprising, in combination, a slide, said slide having a top surface, at least a portion of which is inclined to facilitate gravity induced sliding thereon, said top surface being further characterized as having low friction, durable sheeting layer which enables a user to traverse thereon both when said top surface is wet and dry and a membrane of  
15 low friction, durable sheeting for supporting a user as said user traverses the top surface of said slide wherein said top surface and membrane are designed to contact one another for sliding upon said top surface.

20 72. The sliding exercise apparatus and recreational device of claim 71 wherein said membrane and top surface comprise a member selected from the group consisting of nylon, Texlon, sailcloth, Dacron, vinyl, artificial turf, synthetic carpet and polyester resins.

25 73. The sliding exercise apparatus and recreational device of claim 71 wherein said base comprises an air inflatable membrane.

74. The sliding exercise apparatus and recreational device of claim 73 wherein said slide is portable such that said air inflatable membrane can be deflated for shipping and inflated on-site for use.

30 75. The sliding exercise apparatus and recreational device of claim 71 wherein said durable sheeting layer comprises sheeting sized to lay upon and substantially fully cover said top surface.

76. The sliding exercise apparatus and recreational device of claim 71 wherein said durable sheeting layer is permanently adhered to said base.

10 77. The sliding exercise apparatus and recreational device of claim 71 wherein said slide is appended to an activity section such that a user, supported by said membrane, can transition between said slide top surface and said activity as said user employs said sliding exercise apparatus and recreational device.

15 78. The sliding exercise apparatus and recreational device of claim 77 wherein said activity section is of a construction to facilitate user induced bouncing motion.

20 79. The sliding exercise apparatus and recreational device of claim 78 wherein said activity section comprises a trampoline.

80. The sliding exercise apparatus and recreational device of claim 78 further comprising at least one ramp appended to said activity section for receiving a user exiting from said activity section.

25 81. The sliding exercise apparatus and recreational device of claim 80 wherein said ramp is inclined from said activity section to facilitate gravity induced sliding thereon.

30 82. The sliding exercise apparatus and recreational device of claim 81 wherein the angle of inclination between said activity section and said ramp is adjustable.

5           83.    The sliding exercise apparatus and recreational device of claim 71  
          wherein said membrane comprises a sheet of low friction, durable sheeting material  
          upon which a user resides as said user traverses said slide top surface.

          84.    The sliding exercise apparatus and recreational device of claim 71  
10       wherein said membrane comprises at least one patch adhered to said user.

          85.    The sliding exercise apparatus and recreational device of claim 84  
          wherein said at least one patch is adhered to the feet of the user.

15       86.    The sliding exercise apparatus and recreational device of claim 84  
          wherein said at least one patch is adhered to the knees of the user.

          87.    The slide of claim 1 further including a zip line suspended from said  
          top surface and a bungee cord appended to said zip line for releasable attachment  
20       to a user of said slide.

          88.    The slide of claim 1 wherein means are provided for introducing snow  
          and ice to said top surface.

          89.    A sliding exercise apparatus and recreational device comprising in  
          combination a riding element being of sufficient size to support a user, said riding  
25       element being configured for riding along a slide, and a slide having a top surface,  
          at least a portion of which is inclined to facilitate gravity induced sliding on the top  
          surface.

5            90. The sliding exercise apparatus and recreational device of claim 89 wherein said riding element comprises a rigid board with at least one wheel for contacting said top surface.

             91. The sliding exercise apparatus and recreational device of claim 89 wherein said riding element comprises an inflated or padded sphere with an  
10 opening for accepting a user.

             92. The sliding exercise apparatus and recreational device of claim 91 when said inflated sphere includes an inner surface and is provided with a continuous membrane of durable, low friction sheeting layer on said inner surface.

             93. A method of sliding comprising extending a dry membrane of low  
15 friction durable sheeting material upon a surface and sliding upon said dry membrane along at least a portion thereof.

             94. The method of claim 93 wherein at least a portion of said surface is inclined to facilitate gravity-induced sliding thereon.

             95. The method of claim 93 wherein said low friction durable sheeting  
20 material is bound to a supporting membrane.

             96. The method of claim 94 wherein said membrane is inflated with air prior to sliding.

             97. The method of claim 94 wherein said membrane is stuffed with a member selected from the group consisting of foam and rubber.

5            98. The method of claim 93 wherein multiple sections of membrane are  
joined end to end or side to side prior to sliding.

99. The method of claim 93 wherein a vehicle is employed for sliding  
upon said dry membrane.

100. The method of claim 99 wherein said vehicle is sized to support a user  
10 during sliding and is provided with at least one surface of a low friction durable  
coating.

101. The method of claim 93 wherein said low friction durable sheeting  
material has written indicia printed thereon.